

THE INFLUENCE OF MOTIVATIONAL ELEMENTS IN PAEDIATRIC PHYSIOTHERAPY FOCUSED ON THE PATIENTS WITH ACUTE LYMPHOBLASTIC LEUKEMIA - PILOT STUDY

Abstract

The efficacy of acute lymphoblastic leukemia (ALL) treatment in childhood is still increasing and the quality of life of these children is starting to be the focus of interest. The physiotherapy affects in preventive and reactive way the late effects of treatment which may reduce the quality of life. An insufficient motivation of children can be a reason of a reduced adherence to a physiotherapeutic intervention. The goal of this study was to ascertain the influence of the motivational elements in the paediatric physiotherapy in the improvement of motor functions, the quality of life, the motivation to the exercise and the frequency of exercise. There were 9 patients diagnosed with ALL in the maintenance phase of treatment (average age 7,3 years, age range 5,2 – 10,1, 5 girls and 4 boys). All probands underwent a 6-weeks-exercise programme that contains the exercise from the DNS method, yoga for children and stretching. The assessment was performed by Bruninks-Oseretsky Test (BOT2), 6 minute walking test (6MWT), goniometric measurement of ankle joint dorsiflexion, Pediatric Quality of Life Inventory (PedsQL), Intrinsic Motivation Inventory (IMI) and the qualitative questionnaire. An improvement of range of motion (ROM) in ankle joint was established after 6-weeks exercise programme. The motivation elements did not influence fundamentally an improvement of motor functions, frequency of exercise and motivation of children. However, the influence of age proved to be statistically significant since the preschool children benefited from exercise more.

This study did not prove the fundamental influence of the motivational elements in the paediatric physiotherapy. Despite this we recommend to follow up on this study but with the upgrades: a bigger investigative sample, an assessment of parents' motivation and a wider scale of motivation elements.